

FY2015 CHNA&HIP Progress Report

Kossuth County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
By June 30, 2015, there will be a 1% decrease in obesity rates in Kossuth County. The IDPH Data Warehouse County Health Snapshot lists the 2008 Kossuth overweight/obesity baseline rate at 65%.	Develop and maintain active Kossuth County Wellness Coalition (Live Healthy Kossuth) with key community partners throughout the county that promote healthy eating and physical activity.	The Kossuth Wellness Initiative (KWI) expanded to include Algona's Blue Zones Project and completed the Blueprint in 2013. In April 2013, Algona was the first small community in Iowa to claim the title of Certified Blue Zones Community. In May 2014, Algona reached the Blue Zones Project Community Certification Threshold in all sectors. The Blueprint will become the Operational Plan for the Kossuth Wellness Initiative (KWI). Two schools have received Blue Zones designation and have been successful in planting and growing a school garden, and implementing an initiative whereby all school fundraisers must be non-food fundraisers. During Winter 2014, the Algona School District began updating the District Wellness Policy that impacts both students and staff. Updates to the policy include eliminating physical activity as punishment, integrating physical activity into classroom settings, communication with parents on nutrition information, prohibiting school-based marketing of brands promoting low nutrition foods and beverages as well as not using foods or beverages as rewards.
	Community Health will have 2 representatives on the Live Healthy Kossuth Wellness Coalition. A representative will attend 3 meetings each year.	Kossuth Wellness Initiative (KWI) - Blue Zones Project Algona has a fourteen member Power 9 team that continues to meet monthly. KWI will begin meeting again monthly or quarterly in the fall of 2014. A Community Health representative attended meetings quarterly. In 2014 the Power 9 team expanded to include 25 members. The Blue Zones Algona Project is expanding into KWI to encompass all of Kossuth County. Community Health has 1 representative at most meetings, held monthly or bi-monthly.

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	Promote and participate in Monthly Live Healthy Kossuth activities and events related to increasing activity and healthy eating.	Expansion of Community Gardens in Algona in both 2013 and 2014. Walking Moais were launched in Spring 2013. There were 11 moais with 45 people logging a total of 449 hours for the first Moai and 278 hours for the second Moai. The Algona School District incorporated a Walking School Bus in the fall of 2013 that functioned after school and in the spring of 2014 before school. In the Fall of 2013 a Bike to Church weekend was held. The April 2014 Algona 5K Run/Walk met qualifications to receive the Healthiest State Initiative seal of approval. In May 2014, a Glow Run was held in Algona to raise funds for the Bike/Walk trail, surpassing their goals with over 800 participants and \$30,000 raised. Walking School Bus is currently in its fourth season in Algona, with twenty – six kids on average walking from school each Wednesday during Spring 2015. The fall 2014 Walking School Bus programs average was slightly lower. The 2nd Al-GLO-an run was held in Algona in May 2015. In April 2015, Algona received federal funding to extend the current bicycle and pedestrian path. In 2015, Algona Community Gardens added a 3rd location on the east side of Algona. In May 2015, Whittemore's St. Michael's Parish held their 1st annual Spirit Fun Run/Walk 5K event. A representative from KRHC attended the spring 2015 Blue Zones meeting in Des Moines. The newsletter from the Wellness Council of America, WELCOA's Spark 16, is distributed to KRHC employees monthly.
	Participate in Health Fair or similar event in Kossuth County every other year.	Health Fair on 4-4-13: Kossuth County's CARE Team sponsored an Information and Fun Night that involved 20+ Agencies serving families in Kossuth County. Community Health had 2 representatives participating. In April 2015, the Algona YMCA held a "Healthy Kids Day" event, part of the YMCA's national initiative to improve the health and well-being of kids. Community Health had 2 representatives participating.
	Creation of Live Healthy Kossuth Facebook page.	The Blue Zones Algona Project has a Facebook page. Kossuth County continues to have an active Blue Zones Algona Project Facebook page.

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	Participation (one representative) on Wellness Committee at Kossuth Regional Health Center with attendance at 3 meetings per year to promote employee healthy eating and increased activity.	Representative from Community Health attends quarterly wellness meetings at Kossuth Regional Health Center. In 2014 KRHC created a brand for their wellness committee: Wellness from Within. In December 2013 Wellness from Within implemented Weight Watchers at the worksite and KRHC subsidizes employee participation: total of 523 pounds lost in the first 17 week session. A second session was added in the Spring of 2014. The Committee plans a March Meltdown (wellness activity) yearly for staff. Kossuth Regional Health Center promoted the Live Healthy Iowa concept and had 6 teams in 2014. In May 2015, Kossuth Regional Health Center continues to offer and subsidize Weight Watchers at their worksite for employees and has expanded it any community residents who would like to join. Kossuth Regional Health Center has established an activity program, Walk on Wednesdays, for employees to get out and walk at the KRHC Campus.
	Increase opportunities for healthy eating at workplaces through increased availability of healthy choices in work settings.	KRHC cafeteria created an environment for making good choices, such as a salad bar, using 10 inch plates and tall, skinny glasses. KRHC dietary staff received a training session from a SYSCO chef on healthier menu items. Four local restaurants, 11 Kossuth County worksites and 2 local Grocery Stores have received Blue Zones designation. The Notional Environmental Measures Survey (NEM-V) grant was completed and a Community Health representative presented the vending machine results to the KRHC Wellness Committee. Kossuth Regional Health Center now includes healthy recipes and nutrition tips on its website and in its Newsletter. By May 2015 a total of 12 Kossuth County worksites and 4 restaurants have received Blue Zones designation. Kossuth Regional Health Center replaced Company sponsored vending machines in their cafeteria area with healthy vending machines in spring 2015. KRHC has a healthy recipe section available on it's website.